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"You have nice legs" said the nursing home resident.

Tuesday, September 16, 2014

Several times a month my status reads "Brooklyn_Born is singing at a nursing home this morning."

A Spark Friend blogged today that she was beginning to volunteer at an old folks home. So I thought I would share this story.

A few members of our church visit 3 different homes a few times during the month and hold a service of prayer and song. Afterwards we talk to the residents and over time have come to know them.

One lady told me "You have nice legs."

This was a comment that I've never heard not even when I was much younger and weighed 120 lbs. My legs were always big and strong, at least compared to the rest of me.

I thanked her for the unexpected compliment and her friend continued. "Yes," she said, "NO VERICOSE VEINS!"

So you see, it's all in your perspective and visiting nursing homes really helps to put things in perspective.

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PUGLOVER1999

PS: I think it is great that you pray and sing with / for the people in the nursing home! 2450 days ago



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PUGLOVER1999

I LOVED this! I hope she helped you see more of your own beauty!

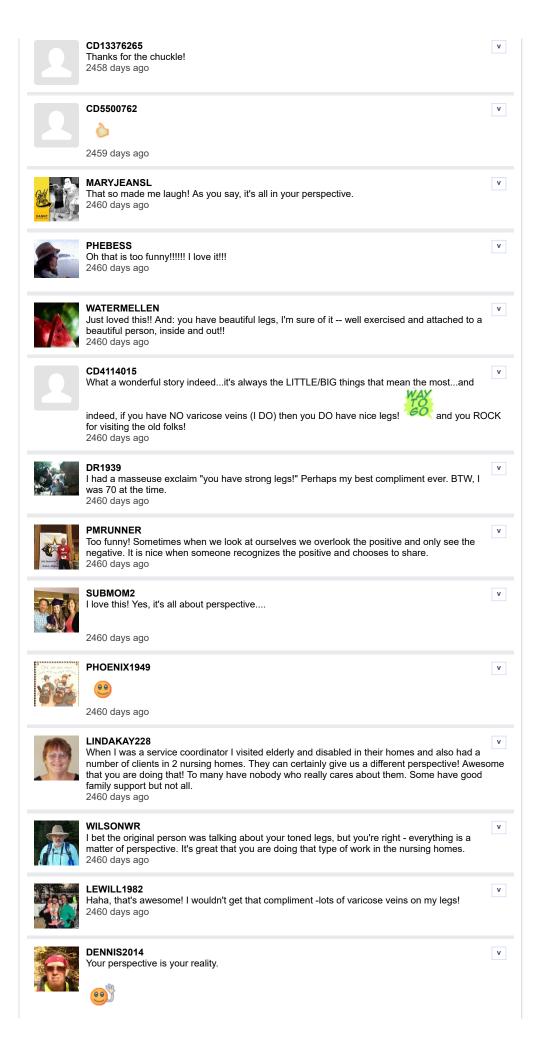


2450 days ago



REBESANCON

I work in an assisted living facility, and this is so true! Many of the resident I serve have taught me valuable lessons in how to live gracefully - no matter where you are on the spectrum of life. 2457 days ago



	2460 days ago	
0	KELLIEBEAN How sweet!	
	I think that is great that you sing at nursing homes. You are inspirational in many ways!	
	2460 days ago	
	ONEKIDSMOM So, so true. Perspective is everything! 2460 days ago	
	MISCHAKEO I am sure you do have lovely toned legs from all of your running! However, age does give us different perspectives. I think it is great that you are singing in the nursing homes and meeting the people there. I am sure you are bringing joy to their lives! 2460 days ago	
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	Weight loss results will vary from person to person. No individual result should be seen as a typical wing the SparkPeople program.	